

Healthy Weight Gain During Pregnancy

A healthy weight gain during pregnancy can help you and your baby. When you gain a healthy amount of weight, you are less likely to have diabetes or high blood pressure, and your baby is more likely to be born on time and at a healthy weight. Gaining the right amount of weight makes it easier to return to your pre-pregnancy weight.

Tips that have helped other women gain a healthy amount of weight during pregnancy:

Nutrition Tips

- **Drink plenty of fluids, like water and 1% or non-fat milk.** Try to avoid drinks which add extra calories but limited nutrients, i.e., sweet tea, juice, soda, lemonade and sweetened coffee drinks.
- **Eat small meals and snacks regularly.** Choose a variety of healthy foods; be sure to include vegetables and fruits. Try not to go longer than 3–4 hours during the day without eating something. This will help keep your blood sugar steady and prevent overeating and heartburn.
- **Choose healthy snacks.** Eat fruits and vegetables. Limit foods high in fat or sugar.
- **Choose healthier options when eating out.** Limit how often you eat out. If that is not possible, stay away from fried or breaded items, keep sauces and dressings on the side, and drink water.
- **Try to include some protein in most meals and snacks.** Some choices high in protein are beans, tofu, peanut butter, nuts, cheese, hummus, eggs, tuna, chicken, beef, ham or turkey.
- **Eat plenty of fiber.** Choose whole grain breads, cereals, beans, fruits, and vegetables. These can help you feel full and reduce pregnancy issues like constipation.
- **Plan meals and snacks ahead of time.** This saves time and money, and helps you make healthy food choices easily and more often.

For more ideas about food choices during pregnancy:
www.choosemyplate.gov/pregnancy-breastfeeding.html

Energize Your Life

Boost your mood, energy level, relieve stress and gain a healthy amount of weight by being active. Do something active that you enjoy, like swimming or walking, 30–45 minutes or more at least three times a week.

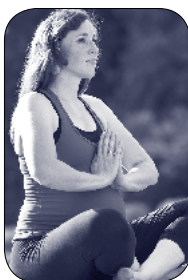
Here are some tips that have helped other women to enjoy and fit activity into their busy lives:

- Do activities you enjoy
- Be active with a buddy
- Break the physical activity up into 15-minute periods
- Walk your kids to school or daycare
- Dance with your kids, partner, or by yourself
- Add more steps to your day; try to take the stairs or get off the bus a stop or two early
- Walk around the playground as children play
- If money is tight, check for a scholarship at a gym or pool
- Set times for activities and use your phone to remind you
- Form a walking group with other women
- Use social network sites for support

Breastfeeding

Breastfeeding provides lifelong health benefits to you and your baby.

If you have questions about breastfeeding resources in your area, contact ParentHelp123: www.parenthelp123.org (1-800-322-2588, Monday–Friday). For weekend or evening support, contact your local La Leche League: www.lllofwa.org



Pregnancy Weight Gain Guidelines

Institute of Medicine's Recommendations

Pre-pregnancy BMI*	Total Weight Gain	2nd and 3rd Tri. lbs./week	2nd and 3rd Tri. lbs./month	Twins
<18.5	28–40 lbs.	1–1.3 lbs. /week	4–6 lbs./month	No guidelines
18.5–24.9	25–35 lbs.	0.8–1 lb. week	4 lbs./month	37–54 lbs.
25.0–29.9	15–25 lbs.	0.5–0.7 lb./week	2 lbs./month	31–50 lbs.
≥30.0	11–20 lbs.	0.4–0.5 lb./week	1.5–2 lbs./month	25–42 lbs.

* To find your pre-pregnancy body mass index (BMI), go to www.nhlbi.nih.gov/guidelines/obesity/BMI/bmicalc.htm

**Based on your pre-pregnancy weight of _____ (BMI _____),
a good weight gain for this pregnancy is _____ pounds:
_____ pounds a week or _____ pounds a month.**

If you are not gaining weight in this range, talk with your provider.

How can you support a healthy weight gain?



Here are things I can do:

"I take a walk every day on breaks."



Here are things I can do:

"I used to eat fast food often. Now I cook more meals at home!"



Here are some challenges I have:

"I work late and am tired when I get home. I stock food that I can prepare quickly."



Here are my ideas so I'll be successful in making healthy changes:

"Having a healthy baby is the most important thing. It's been easy to eat more vegetables."

To download this handout, go to: <http://here.doh.wa.gov/materials/pregnancy-weight-gain>

Resources:

- **Daily Food Plans for Pregnancy & Breastfeeding** is a meal planning system developed for women who are pregnant or breastfeeding: www.choosemyplate.gov/pregnancy-breastfeeding.html
- **ParentHelp123** for local resources to help with WIC, lactation consultants, childbirth educators, health insurance, and maternity support service: 1-800-322-2588 or www.parenthelp123.org/pregnancy
- **Exercise:** www.acog.org/Patients/FAQs/Exercise-During-Pregnancy

Healthy Communities
Washington

Partners promoting healthy
people in healthy places
www.doh.wa.gov/healthycommunities

Health
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For persons with disabilities, this document is available on request in other formats.
To submit a request, please call 1-800-525-0127 (TDD/TTY 711).